

Mon	Tue	Wed	Thu	Fri
<p>2</p>	<p>3 *Registration begins*</p> <p><u>Outdoor Yoga:</u> 8:00am-9:00am <u>Chair Yoga:</u> 9:15am-10:15am <u>Dance Fusion:</u> 10:15am-11:15am <u>Lunch Program:</u> 11:30am-1:00pm <u>Spanish Class:</u> 3:00pm-4:30pm <u>Pole Walking:</u> 3:30pm-4:30pm</p>	<p>4</p> <p><u>Tai Chi :</u> 9:00am- 10:00am <u>Tai Chi Ruler:</u> 10:00am-10:15am <u>Calisthenics</u> 10:15am-11:15am <u>Lunch Program:</u> 11:30am - 1:00pm <u>Computer Class:</u> 1:15pm- 2:15pm <u>Qi-Gong:</u> 1:30pm-2:30pm</p>	<p>5</p> <p><u>Outdoor Yoga:</u> 8:00am-9:00am <u>Chair Yoga:</u> 9:15am-10:15am <u>Chair Aerobics:</u> 10:15am -11:15am <u>Lunch Program:</u> 11:30am- 1:00pm <u>Book Club:</u> 1:30pm- 3:00pm <u>Choir:</u> 4:00pm - 5:00pm</p>	<p>6</p> <p><u>Dance Fusion:</u> 9:15am- 10:15am <u>Arts & Crafts:</u> 10:00am- 12:00pm <u>Lunch Program:</u> 11:30am- 1:00pm <u>Flamenco:</u> 1:30pm - 2:30pm <u>Pole Walking:</u> 3:30pm-4:30pm</p>
<p>9 *Feeding SFLA 10:30am-11:30am*</p> <p><u>Tai Chi:</u> 9:00am-10 :00am <u>Tai Chi Ruler:</u> 10:00am- 10:15am <u>Calisthenics:</u> 10:15am-11:15am <u>Lunch Program:</u> 11:30am- 1:00pm <u>Sound Therapu:</u> 1:30pm-2:30pm <u>Art Class:</u> 1:30pm- 3:30pm <u>English Class:</u> 2:45pm-3:45pm</p>	<p>10 *NMB Health Fair*</p> <p><u>Outdoor Yoga:</u> 8:00am-9:00am <u>Chair Yoga:</u> 9:15am-10:15am <u>Dance Fusion:</u> 10:15am-11:15am <u>Lunch Program:</u> 11:30am-1:00pm <u>Spanish Class:</u> 3:00pm-4:30pm <u>Pole Walking:</u> 3:30pm-4:30pm</p>	<p>11</p> <p><u>Tai Chi :</u> 9:00am- 10:00am <u>Tai Chi Ruler:</u> 10:00am-10:15am <u>Calisthenics</u> 10:15am-11:15am <u>Lunch Program:</u> 11:30am - 1:00pm <u>Qi-Gong:</u> 1:30pm-2:30pm</p>	<p>12</p> <p><u>Outdoor Yoga:</u> 8:00am-9:00am <u>Chair Yoga:</u> 9:15am-10:15am <u>Chair Aerobics:</u> 10:15am -11:15am <u>Lunch Program:</u> 11:30am- 1:00pm <u>Book Club:</u> 1:30pm- 3:00pm <u>Choir:</u> 4:00pm - 5:00pm</p>	<p>13</p> <p><u>Dance Fusion:</u> 9:15am- 10:15am <u>Arts & Crafts:</u> 10:00am- 12:00pm <u>Lunch Program:</u> 11:30am- 1:00pm <u>Flamenco:</u> 1:30pm - 2:30pm <u>Pole Walking:</u> 3:30pm-4:30pm</p>
<p>16</p> <p><u>Tai Chi:</u> 9:00am-10 :00am <u>Tai Chi Ruler:</u> 10:00am- 10:15am <u>Calisthenics:</u> 10:15am-11:15am <u>Lunch Program:</u> 11:30am- 1:00pm <u>Sound Therapu:</u> 1:30pm-2:30pm <u>Art Class:</u> 1:30pm- 3:30pm <u>English Class:</u> 2:45pm-3:45pm</p>	<p>17</p> <p><u>Outdoor Yoga:</u> 8:00am-9:00am <u>Chair Yoga:</u> 9:15am-10:15am <u>Dance Fusion:</u> 10:15am-11:15am <u>Lunch Program:</u> 11:30am-1:00pm <u>Spanish Class:</u> 3:00pm-4:30pm <u>Pole Walking:</u> 3:30pm-4:30pm</p>	<p>18</p> <p><u>Tai Chi :</u> 9:00am- 10:00am <u>Tai Chi Ruler:</u> 10:00am-10:15am <u>Calisthenics</u> 10:15am-11:15am <u>Lunch Program:</u> 11:30am - 1:00pm <u>Computer Class:</u> 1:15pm- 2:15pm <u>Qi-Gong:</u> 1:30pm-2:30pm</p>	<p>19 *Floral Workshop*</p> <p><u>Outdoor Yoga:</u> 8:00am-9:00am <u>Chair Yoga:</u> 9:15am-10:15am <u>Chair Aerobics:</u> 10:15am -11:15am <u>Lunch Program:</u> 11:30am- 1:00pm <u>Book Club:</u> 1:30pm- 3:00pm <u>Choir:</u> 4:00pm - 5:00pm</p>	<p>20</p> <p><u>Dance Fusion:</u> 9:15am- 10:15am <u>Arts & Crafts:</u> 10:00am- 12:00pm <u>Lunch Program:</u> 11:30am- 1:00pm <u>Flamenco:</u> 1:30pm - 2:30pm <u>Pole Walking:</u> 3:30pm-4:30pm</p>
<p>23</p> <p><u>Tai Chi:</u> 9:00am-10 :00am <u>Tai Chi Ruler:</u> 10:00am- 10:15am <u>Calisthenics:</u> 10:15am-11:15am <u>Lunch Program:</u> 11:30am- 1:00pm <u>Sound Therapu:</u> 1:30pm-2:30pm <u>Art Class:</u> 1:30pm- 3:30pm <u>English Class:</u> 2:45pm-3:45pm</p>	<p>24 *Senior Police Ball*</p> <p><u>Outdoor Yoga:</u> 8:00am-9:00am <u>Chair Yoga:</u> 9:15am-10:15am <u>Dance Fusion:</u> 10:15am-11:15am <u>Lunch Program:</u> 11:30am-1:00pm <u>Spanish Class:</u> 3:00pm-4:30pm <u>Pole Walking:</u> 3:30pm-4:30pm</p>	<p>25</p> <p><u>Tai Chi :</u> 9:00am- 10:00am <u>Tai Chi Ruler:</u> 10:00am-10:15am <u>Calisthenics</u> 10:15am-11:15am <u>Lunch Program:</u> 11:30am - 1:00pm <u>Qi-Gong:</u> 1:30pm- 2:30pm</p>	<p>26</p> <p><u>Outdoor Yoga:</u> 8:00am-9:00am <u>Chair Yoga:</u> 9:15am-10:15am <u>Chair Aerobics:</u> 10:15am -11:15am <u>Lunch Program:</u> 11:30am- 1:00pm <u>Book Club:</u> 1:30pm- 3:00pm <u>Choir:</u> 4:00pm - 5:00pm</p>	<p>27</p> <p><u>Dance Fusion:</u> 9:15am- 10:15am <u>Arts & Crafts:</u> 10:00am- 12:00pm <u>Lunch Program:</u> 11:30am- 1:00pm <u>Flamenco:</u> 1:30pm - 2:30pm <u>Pole Walking:</u> 3:30pm-4:30pm</p>
<p>30</p> <p><u>Tai Chi:</u> 9:00am-10:00am <u>Tai Chi Ruler:</u> 10:00am- 10:15am <u>Calisthenics:</u> 10:15am-11:15am <u>Lunch Program:</u> 11:30am- 1:00pm <u>Sound Therapu:</u> 1:30pm-2:30pm <u>Art Class:</u> 1:30pm- 3:30pm <u>English Class:</u> 2:45pm-3:45pm</p>			<p><u>Green = Parks and Recreation</u> <u>Blue = UNIDAD</u></p>	<p><i>Revised 8.15.2024</i></p>

General Information:

* = Classes, programs and workshops offered by Miami Beach Parks and Recreation held at Unidad.

- Chair Aerobics - Thursday, 10:15am - 11:15am
- Outdoor Yoga- Tuesday & Thursday, 8:00am-9:00am
- Chair Yoga - Tuesday & Thursday, 9:00am - 10:00am
- Tai Chi- Monday & Wednesday, 9:00am- 10:00am
- Tai Chi Ruler- Monday & Wednesday, 10:00am- 10:15am
- Calisthenics - Monday & Wednesday, 10:15am - 11:15am
 - Dance Fusion - Tuesday 10:15am- 11:15am & Friday, 9:15am - 10:15am
 - Sound Therapy-Monday, 1:30 pm- 2:30 pm
 - North Shore Art Club- Saturday, 9:00am- 1:00pm
- Fitness Center at NSPYC-Monday-Friday, 7:30am- 1:00pm, & 6:15pm- 8:00pm
Saturday 9:00am- 5:00pm

North Shore Park and Youth Center

501 72nd Street, Miami, Beach Fl. 33141 | (305) 861-3616

Xavier Guerrero: xavierguerrero@miamibeachfl.gov

If you would like emails about cancellations and special events, please stop by one of our facilities to enroll in the classes via the RecTrac registration system.

Please visit miamibeachparks.com to see all our senior program

UNIDAD Senior Center

7251 Collins Avenue, Miami Beach, Fl 3314|305-867-0051

Classes, programs and workshops offered by UNIDAD

- Spanish Classes - Tuesday, 3:00 pm - 4:30 pm
- Pole Walking - Tuesday & Friday, 3:30pm - 4:30 pm
 - Flamenco -Friday, 1:30 pm - 2:30 pm
- Art Class- Monday 1:30pm- 3:30pm, Friday, 10:00am - 12:00 pm,
- Computer Class - Every Other Wednesday, 1:15pm - 2:15pm
 - Qi Gong- Wednesday, 1:30pm- 2:30pm

Schedules subject to change. Please call (305) 867-0051 for most updated information.

To request this material in alternate format, sign language interpreter (five-day notice required), information on access for persons with disabilities, and/or any accommodation to review any document or participate in any city-sponsored proceedings, call 305.604.2489 and select 1 for English or 2 for Spanish, then option 6; TTY users may call via 711 (Florida Relay Service).

●Choir - Thursday, 4:00 pm - 5:00 pm

●English Classes- Monday, 2:45pm-3:45pm

●Book Club- Thursday, 1:30pm- 2:30pm

●Free Lunch- Monday- Friday, 11:30am- 1:00pm

General Information:

FIELD TRIP TO SENIOR HEALTH FAIR *Lunch is Included*

McDonald Center NMB City Hall

17051 NE 19th Avenue

North Miami Beach, FL

Wednesday, September 10, 2024

Bus leaves @ 9:00 am

Returns @ 2:00pm

Registration begins, September 3, 2024

Fee: Free for Seniors 55+

Max Capacity: 60 Participants

Event: Floral Design Workshop for Seniors 55+

Date: September 19, 2024

Time: 2:00 p.m. – 3:00 p.m.

Location: UNIDAD Senior Center

7251 Collins Ave,

Miami Beach, Fl 33141

Registration begins, September 3, 2024

Fee: Free for Seniors 55+

Feeding SFLA Workshop

Date: September 9, 2024

Time: 10:30am- 11:30am

Location: UNIDAD Senior Center

Senior Police Ball (Grand Ballroom)

Date: September 24, 2024

Time: 6:00pm- 8:00pm

Location: 1901 Convention Dr

Miami Beach, Fl 33139

Registration begins, September 3, 2024

Fee: Free for Seniors 55+